



FALL 2025 MENU



Dates: _____

WEEK 1

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Cold Cereal

Hot Cereal

WGR Muffin & Fruit

English Muffins & Peaches

French Toast & Bananas

Milk

3/4 cup

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

Grains or Meat/MA

1/2 oz eq

WGR Kix Cereal

WGR Cinnamon Oatmeal

WGR Muffin

WGR English Muffins

WGR French Toast

Vegetable and/or Fruit

1/2 cup

Oranges

Apple Wedges

Mixed Fruit

Peaches

Bananas

Substitute:

WGR Toast

WGR Toast

LUNCH

Mac & Cheese

Oven Roasted Turkey

 Bangladeshi Chicken Biryani

Tuna Salad Sandwich

Roast Pork

Milk

3/4 cup

1% Low-fat Milk

1% Lowfat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

Meat/Meat Alternate

1.5 oz

LF Cheese (Mac & Cheese)

Roasted Turkey

Chicken Biryani

Tuna Salad

Lean Roasted Pork

Breads/Grains

1/2 oz eq

WGR Elbow Pasta

WGR Polenta

WGR Brown Rice

WGR Bun

WGR Quinoa Pilaf**

Vegetable

1/4 cup

Broccoli

Seasoned Mixed Vegetables

Zucchini

Chopped Green Salad

Peas & Carrots

Fruit

1/4 cup

Mango

Mixed Berries

Diced Pineapples

Tropical Fruit

Apple Slices

Substitute:

Macaroni and chicken

Eggs

Tofu

Veggie Burger

Beans

SNACK

Animal Crackers & Milk

DIY Parfait

Hummus & Carrots

Fruit & Cheese Kabobs

Pretzels & Pears

Milk

1/2 cup

1% Low-fat Milk

Meat/Meat Alternate

1/2 oz

LF Yogurt

Hummus

LF Cheese Cubes

Breads/Grains

1/2 oz eq

WGR Animal Crackers

Granola

Unsalted Pretzels

Vegetable

1/2 cup

Carrots

Fruit

1/2 cup

Diced Fruit for Kabobs

Sliced Pears

Substitute:

Fresh Fruit

WGR Crackers

**= Recipe Provided



* WGR - Whole Grain Rich
* LF - Low Fat
* LS - Low Sodium

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk is served for children aged 2 years and above.
* Water is to be made available throughout the day

* Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk



Head Start
of Eastern Orange County, Inc.



FALL 2025 MENU



Dates: _____

WEEK 2

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Wheaties

WGR Muffins

WGR Pancakes

Hot Eggs Breakfast

WGR Bulgur Porridge

Milk

3/4 cup

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

Grains or Meat/MA

1/2 oz eq

WGR Wheaties Cereal

WGR Muffins

WGR Pancakes

Eggs

Bulgur Wheat Porridge

Vegetable and/or Fruit

1/2 cup

Pineapple

Applesauce

Orange Wedges

Fresh Banana

Fresh Pears

Substitute:

WGR English Muffin

WGR Roll

LUNCH

Beans and Rice

Turkey Sandwich

Ethiopian Beef Stew

Chicken Parmigiana

Cheese Pizza

Milk

3/4 cup

1% Lowfat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

Meat/Meat Alternate

1.5 oz

Red Beans

Turkey

Ethiopian Beef Stew

Chicken Parmigiana

LF Cheese in Pizza

Breads/Grains

1/2 oz eq

WGR Brown Rice

WGR Bread

WGR Pita

WW Spaghetti

WGR Pizza Crust

Vegetable

1/4 cup

Diced Sweet Potatoes

Sauteed Kale/Collards

Cauliflower

California Blend Mixed Veggies

Sauteed Spinach

Fruit

1/4 cup

Strawberries

Mixed Fruit

Diced Mangoes

Apricots

Mixed Berries

Substitute:

Cheese Sandwich

Beans

Vegetarian Meatballs

Chicken Nuggets & WGR Toast

SNACK

Apples & Wowbutter

Crackers & Fruit

Breadsticks & White Bean Dip

Soft Pretzels & Cheese

Fruit Juice and Crackers

Milk

1/2 cup

Meat/Meat Alternate

1/2 oz

Wowbutter

White Bean Ranch Dip

LF Cheese

Breads/Grains

1/2 oz eq

WGR Crackers

Breadsticks

Soft Pretzels

WGR Goldfish

Vegetable

1/2 cup

Fruit

1/2 cup

Apple Slices

Sliced Peaches

100% Fruit Juice

Substitute:

Fruit

WGR Crackers

**= Recipe Provided



* WGR - Whole Grain Rich
* LF - Low Fat
* LS - Low Sodium

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk is served for children aged 2 years and above.
* Water is to be made available throughout the day

* Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk



FALL 2025 MENU



Dates: _____

WEEK 3

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

		WGR Muffins	Pancakes	Cold Cereal	WGR Bagel	LF Yogurt
Milk	3/4 cup	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk
Grains or Meat/MA	1/2 oz eq	WGR Muffin	WGR Pancakes	WGR Bran Cereal	WGR Bagel and LF Cream Cheese	LF Yogurt
Vegetable and/or Fruit	1/2 cup	Mandarin Oranges	Unsweetened Applesauce	Mixed Fruit	Bananas	Fresh Pears
Substitute:		Cold Cereal	WGR Toast		WGR Bagel	

LUNCH

		Lentil Stew	Beef Meatloaf	Dominican Cod Ole	Chicken Tenders	Stir Fried Ground Turkey
Milk	3/4 cup	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk
Meat/Meat Alternate	1.5 oz	Lentil Stew	Lean Beef Meatloaf**	Baked Cod	Chicken Tenders	Stir Fried Ground Turkey**
Breads/Grains	1/2 oz eq	WGR Bread	WGR Biscuit	WGR Tortilla	WGR Bun	WGR Brown Rice
Vegetable	1/4 cup	Corn	Collard Greens/Kale	Tomato & Onion Salsa	Green Beans	Bell Peppers
Fruit	1/4 cup	Tropical Fruit	Mandarins	Plantains	Pineapple	Apple Wedges
Substitute:			Veggie Burger	Black Beans	CN Label Chickenless Nuggets	Stir Fried Eggs

SNACK

		Crackers & Fruit	Berry Blast Smoothie	Peppers & Hummus	Cheese & Fruit	Graham Crackers & Peaches
Milk	1/2 cup		1% Low-fat Milk*			
Meat/Meat Alternate	1/2 oz			Hummus	L.F Cheese	
Breads/Grains	1/2 oz eq	WGR Crackers				Graham Crackers
Vegetable	1/2 cup			Tri Colored Bell Pepper Slices		
Fruit	1/2 cup	Fresh Pears	Mixed Berries		Mixed Fruit	Peaches
Substitute:			WGR Pita Triangles & Berries		WGR Crackers	

**= Recipe Provided



* WGR - Whole Grain Rich
* LF - Low Fat
* LS - Low Sodium

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk is served for children aged 2 years and above.
* Water is to be made available throughout the day

* Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk



Head Start
of Eastern Orange County, Inc.



FALL 2025 MENU



Dates: _____

WEEK 4

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Cold Cereal

Hot Cereal

Waffles

WGR Bagel

Eggs & Apples

Milk

3/4 cup

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

Grains or Meat/MA

1/2 oz eq

WGR Cheerios

WGR Oatmeal

WGR Waffles

WGR Bagel with Fruit Preserves

Eggs

Vegetable and/or Fruit

1/2 cup

Mixed Berries

Tropical Mixed Fruit

Unsweetened Applesauce

Diced Pineapple

Apples

Substitute:

WGR Toast

LUNCH

Vegetarian Chili

Taco Tuesday

Korean BBQ Chicken



Spaghetti & Meatballs

Chicken Salad

Milk

3/4 cup

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

Meat/Meat Alternate

1.5 oz

Tofu/Kidney Beans

Lean Beef Tacos with Homemade
Crema Sauce**

BBQ Chicken**

Turkey Meatballs in Marinara
Sauce

Diced Chicken Salad

Breads/Grains

1/2 oz eq

WGR Roll

WGR Taco Shell

Pineapple Brown Rice

WGR Spaghetti

WGR Pita Triangles

Vegetable

1/4 cup

Peppers & Onions

Shredded Lettuce

Stir Fried Mixed Vegetables

Broccoli

Diced Cucumber and Tomato
Salad

Fruit

1/4 cup

Fresh Nectarines (seasonally)

Orange Slices

Fresh Pear Slices

Fresh Banana

Peaches

Substitute:

Black Beans

Tofu

Crumbled Veggie Burger

Bean Salad

SNACK

Breadsticks & Fruit

Rice Cakes & Wowbutter

Crackers & Fruit

Celery & Cheese

Crackers & Juice

Milk

1/2 cup

Meat/Meat Alternate

1/2 oz

Wowbutter

LF Cheese

Breads/Grains

1/2 oz eq

WGR Breadsticks

Rice Cakes

WGR Animal Crackers

WGR Goldfish Crackers

Vegetable

1/2 cup

Celery

Fruit

1/2 cup

Fruit Cup

Fruit Salad

100% Fruit Juice

Substitute:

WGR Crackers

**= Recipe Provided



* WGR - Whole Grain Rich
* LF - Low Fat
* LS - Low Sodium

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk is served for children aged 2 years and above.
* Water is to be made available throughout the day

* Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk